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NEWS WORTH SHARING.

Abducted girls may be put on auction block

Leader of jihadist group threatens to sell Nigerian students PAGE 10

Kids get a kick with Whitecaps

Coach eyeing younger lineup vs. Toronto FC for Amway Canadian Championship PAGE 21

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Hollywood Theatre saved ... maybe

West Broadway. Church's purchase of site is contingent on meeting certain conditions

SAM SMITH
vancouver@metronews.ca

One of Vancouver's theatrical landmarks, which was previously eyed for development into a two-storey fitness centre, has found its saving grace ... well, almost.

The owners of the 78-year-old single-screen Hollywood Theatre at 3123 West Broadway in Kitsilano have reached a purchase and sales agreement with the same Pentecostal church that occupied the space for 15 months up until November of last year.

The sale isn't final, though, as certain conditions must be met before the church can purchase the building. Due to confidentiality agreements between the owner and purchaser, those details are not yet available.

"We've been really blessed by even the opportunity to purchase the building," said Church From the Hollywood spokesperson Sarah Kift. "That option wasn't on the horizon last year."

The church will be able to buy the building if it gets approval from its members to sell off a couple of the assets it has across Vancouver, she said.

If that happens then the church will be able to move in, but not for at least a few more months.

Quoted

"We are deeply grateful for the opportunity to negotiate a purchase agreement with the current owner ... and we look forward to bringing a new season of life to the Hollywood Theatre."
Lead pastor Tim Horman

"We're very hopeful, though," Kift said.

The church has promised to respect the heritage of the building and if it does complete the sale, it plans to host many public events.

"I think the possibilities are pretty endless," Kift said. "Music nights to movie nights to public forums to community school programs. There was even a film project shot there when we were tenants before."

Lead pastor Tim Horman was optimistic for the future of the site.

"We are deeply grateful for the opportunity to negotiate a purchase agreement with the current owner, who has been incredibly generous to us during our time in the theatre, and we look forward to bringing a new season of life to the Hollywood Theatre," he said.

Despite multiple attempts to reach the owner, Bonnis Properties, they did not return any calls to Metro before press deadline.

The owners of the historic Hollywood Theatre on West Broadway have reached a purchase and sales agreement with a Pentecostal church.
JENNIFER GAUTHIER/FOR METRO

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Complex crime scene

Richmond man charged with wife's murder

Jian Hua Wu, 41, has been charged with second-degree murder in the death of his wife, whose body was found in the couple's Richmond apartment on Sunday.

Wu, who goes by James, appeared in Richmond Provincial Court on Monday. Police are not yet revealing the identity of the victim, as they have not yet been able to trace her family who lives overseas, said Cpl. Dominic Duchesneau of the Integrated Homicide Investigation Team.

Although police records do not reveal a history of violence, Duchesneau said IHIT believes the incident is a case of domestic violence.

Around 2 p.m. Sunday, residents of the apartment building called police to the apartment complex at 7040 Granville Ave. Officers arrived to find the body inside.

Wu was arrested without incident, said Duchesneau, who declined to say how the victim was killed.

Duchesneau said the crime scene spread from the apartment into the hallway of one of the floors. Two residents who were stranded in their apartment had to be pulled from the building by firefighters so they wouldn't disturb any evidence at the crime scene, he said.

"We asked them to exit through the balcony and use the fire ladder to help them getting out," said Duchesneau.

THANDI FLETCHER/METRO

Ambulances wait outside the emergency room at downtown Vancouver's St. Paul's Hospital. MATT DESOUZA/METRO FILE

B.C. adds more teams to aid addicts, mentally ill

ACT. Program has reduced victimization, hospitalization and run-ins with criminal justice

EMILY JACKSON
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Teams that help people with mental illness or severe addiction in their day-to-day lives have been so successful that the province will pay for two more, B.C.'s Health Minister Terry Lake announced Monday.

Emergency-room visits dropped 70 per cent, involvement in the criminal justice system declined 61 per cent and victimization fell 23 per cent for people being helped by the first Assertive Community Treatment (ACT) team set up in the Downtown Eastside in 2012, according to the province.

"These teams illustrate that with the right mix of support and programming, it's possible for even the most complex clients to attain a better quality of life," Lake said in a statement.

Three Vancouver Coastal Health ACT teams currently provide support to 215 residents. The province will add two more teams, which cost $3.6 million annually, comprised of nurses, social workers, doctors, psychiatrists, occupational therapists, peer support workers, nurse practitioners, vocational rehabilitation specialists and concurrent disorder clinicians to help an additional 160 to 180 people.

ACT teams provide long-term, 24/7 health care and life skill supports, including job training and assistance in finding housing.

"We've seen that regular interaction with ACT teams has reduced the length and frequency of hospitalization, and clients are also using fewer police and court resources," said Andrew MacFarlane of Vancouver Coastal Health in a statement.

"But most importantly, ACT has been vital to helping clients reintegrate into society in a meaningful way."

End goal

"(Assertive Community Treatment) has been vital to helping clients reintegrate into society in a meaningful way."

Andrew MacFarlane of Vancouver Coastal Health in a statement

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HIGHLIGHTS

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May 18
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12PM Race Start
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May 16
GO ENDURO
5PM | Whistler Bike Park
Watch riders in this five stage mountain bike race or register for $30.

May 17
ALPENGLOW FUN RUN
8PM Race Start
Village Square
Light up the night at this glow-in-the-dark fun run through the Lost Lake trails.

May 19
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United We Can's general manager Gerry Martin stands with Diane, a long-time client, outside the new recycling depot at 449/455 Industrial Ave. in Vancouver on Monday. SAM SMITH/FOR METRO

United We Can recycling depot reopens its doors

'No line-ups'. General manager says space is roughly three-times as big as the old UWC location

SAM SMITH
vancouver@metronews.ca

Come one, come all, as finally after months of delays both from construction and tenant improvements, the new United We Can (UWC) recycling and bottling depot has officially opened its doors to the public.

The new location at 449/455 Industrial Ave. is a bit of a hike from their old spot at 39 East Hastings St., but Gerry Martin, general manager of UWC, said it's worth the walk.

"There are no lineups, those days are gone," Martin said. "And we got a really fantastic system here, it's way faster than the old one. Binners, and every other customer that comes through, they're able to get in and out at least twice as fast."

The new space, which Martin said is roughly three times as big as their old one, will allow them to grow and update their business in ways they never could at their previous location on Hastings Street, such as making room for mattress and furniture recycling.

"We have room to do that in there now," he said.

"That will be a business we're going to start up when we get our operation here up and running 100 per cent properly."

Sam Hamm, a binner who has worked with UWC for the past seven years, said the change in location was a bit of a pain.

But looking around the new building he could see the advantages.

"It's spacious and people can walk by without bumping each other now," he said.

Hamm credits the UWC with giving him an opportunity to get a little cash so he can comfortably enjoy the rest of his day after getting enough bottles.

"Without this place I'd have to go to the store, but they only take either 12 or 24 bottles at a time, which is like 60 cents," Hamm said.

Social housing

The previous building on Hastings Street is being taken over by Atira to develop and construct a 14-storey residential and commercial building with 52 units to go to social housing at $375 per month, 50 units of supportive housing and 67 units of rental housing.

- UWC currently services more than 700 low-income residents daily, and employs 120 people with barriers to regular work.

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Civic party. OneCity enters fray before Vancouver election

There's a new civic political party in town, led by a candidate who splintered off from the Coalition of Progressive Electors.

OneCity launched Monday on the steps of Vancouver's city hall with a speech from RJ Aquino, the face of the new party who ran as a COPE candidate in 2011.

"OneCity emerged out of a deep concern that social inequality is growing, current development policies are making the situation worse and city hall is not listening," said city council candidate RJ Aquino in a news release.

Aquino, who placed 20th in the last election (the top 10 candidates win council seats), quit COPE last fall. His new party will focus on issues for lower-income people.

He pointed to support from Mike Demler, a retired CUPE employee, and Kyla Epstein, a parent and community advocate, on issues such as inequality, climate change and community democracy.

"Housing, transit, and childcare are some of the issues that are important to me," Epstein said in a statement.

These are also issues championed by COPE, although dominant party Vision Vancouver (which also started as a COPE splinter group) has placed affordability and transit as top priorities, too.

Vancouver Point Grey MLA David Eby supports the new party.

"The OneCity project has some very smart, thoughtful and enthusiastic community leaders backing it," he said in a news release.

EMILY JACKSON/METRO

Vision Vancouver. Incumbents get vote of confidence to run again

All seven Vision Vancouver councillors, and Mayor Gregor Robertson, will officially run again for a spot at city hall.

This was confirmed at the party's annual general meeting Sunday, where candidates received "overwhelming support" from party members to throw their names in the hat again, according to a news release.

With the vote of confidence, the party launched its first election video that features the mayor running up the steps to city hall and volunteering. It mentions the three main campaign pillars of affordability, transit and stopping the increase of oil tankers in the city's waters.

But spots for newbies have opened up on the park board, with multiple commissioners quitting for various reasons.

The party will select remaining candidates — one more for city council, four for the park board and one for the school board — on June 22. EMILY JACKSON/METRO

TransLink

$45M to go to road network and bike improvements

TransLink is investing $45-million into major road network and bicycle improvements to various communities around the Lower Mainland.

These projects may include the addition of new travel lands, new left-turn lanes, road safety and efficiency improvements, new pedestrian and bike signals, new bike lanes and multi-use paths. METRO

Mediator involved

B.C. health-care talks back on track

Talks between the group representing 47,000 unionized health-care workers in B.C. and their employers will resume Thursday with the help of mediator Vince Ready.

Members of the 11-union Facilities Bargaining Association have been without a contract since March 31, and last week the association received a 96 per cent strike mandate.

THE CANADIAN PRESS

Victims of an attempted murder in Langley are rushed to hospital on April 2. Estranged husband Andre Harvey Richard, 44, faces charges after his wife's house was set on fire while she and her children were inside. SHANE MACKICHAN/FOR METRO

Province should do more to protect women: Shelter

Domestic abuse.
Group also calls on police to better help victims

THANDI FLETCHER
vancouver@metronews.ca

The day after a Richmond man allegedly murdered his wife in a what appears to be a case of domestic violence, a women's shelter is calling on the B.C. government and police to do a better job of protecting women from abusive partners.

Jian Hua Wu, 41, was charged Monday with second-degree murder in connection with the death of his wife, who has not yet been named pending notification of next of kin, said Cpl. Dominic Duchesneau of the Integrated Homicide Investigation Team.

Although there was no record of domestic violence involving the couple, police are still calling the death a case of domestic violence — the latest in a rash of domestic violence cases in B.C. in which women were either killed or seriously injured by abusive partners.

Hilla Kerner, a spokeswoman for the Vancouver Rape Relief and Women's Shelter, said the cases are a troubling sign the province and police are not being diligent enough in protecting women from abusive partners.

In three of the recent cases, Kerner alleged police were previously involved. In two of the cases, the women had no-contact orders against their abusive partners, she said.

"Once the police (are) involved, there is really no excuse for an escalation of the violence, especially not to such tragic dimensions," she said.

Kerner also said there is an urgent need for the B.C. government to raise welfare rates, which she said are not high enough to support a woman with children. That prevents many women from leaving abusive situations, she said.

She also called for greater access to legal aid, as many women fear losing custody of their children if they leave an abusive partner.

Stephanie Cadieux, minister of children and family development, said domestic violence is an important issue the province is working to address.

She said the B.C. government has invested $5.5 million in a three-year Provincial Domestic Violence Plan that aims to make B.C. a safer place for women and children affected by domestic violence.

B.C. RCMP spokesman Sgt. Rob Vermeulen said domestic violence issues are a priority for the Mounties.

He said the RCMP shares investigative findings with B.C. government agencies and victim service groups they believe are relevant to enhancing the safety of people involved in violent relationships.

B.C., Petronas sign LNG intent letter

The Liberal government's plan to charge oil and gas companies a liquefied natural gas tax of up to seven per cent is the subject of ongoing negotiations, Finance Minister Mike de Jong said Monday.

Discussions about cost are included in a letter of intent Premier Christy Clark signed in Malaysia with energy giant Petronas to secure long-term investments in LNG in B.C.

"Petronas has requested the province provide certainty about costs that are under the control of the province and that are applicable only to LNG investments," said the letter, also signed by Petronas president Tan Sri Dato' Shamsul Azhar Abbas.

Petronas and its affiliates Pacific Northwest LNG and Progress Energy Canada propose to build a multibillion-dollar LNG export facility near Prince Rupert.

The letter of intent includes the government's request to Petronas that it work towards reaching a final investment decision on its proposal.

Terms of reference for a project development agreement between the company and the government are due June 30 and the agreement deadline is Nov. 30, but the letter of intent is not legally binding.

De Jong said talks about adjusting the government's LNG tax structure have been ongoing since last February when he introduced a proposed tax structure as part of his budget. THE CANADIAN PRESS

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Scan the photo below with your Metro News app to see a photo gallery of the Animal Hall of Fame inductees and their heroic tales.

A sperm whale carcass sits on shore in Cape St. George, N.L., in this recent photo. The large carcass recently washed up on shore, posing a problem several Newfoundland communities have had to wrestle with this season: how to dispose of it. CONTRIBUTED

N.L. town puts whale on eBay

Free shipping? Scheme shot down by site, now mayor hopes museum will show interest

A Newfoundland town's efforts to have a dead sperm whale removed from its coastline have hit a snag.

But the mayor of the community remains hopeful that someone will step forward to take the carcass of the 12-metre mammal off his hands.

Peter Fenwick, the mayor of Cape St. George on Newfoundland's west coast, put the whale up for sale on eBay. But the website took the auction down Monday because it violates its policies on animals and wildlife products, Fenwick said.

"Our major objective was to get rid of the whale, and we feel that there may be enough (people) out there who know about it, who may be interested in it," said Fenwick.

"So then we thought, 'Maybe there's a museum somewhere that would like to purchase it, and if there is, let's advertise it on eBay and see if anybody is interested.'"

He said he received a call from the federal Environment Department earlier in the day saying the sale of the whale could violate environmental regulations.

Two other Newfoundland communities recently reached a deal with the Royal Ontario Museum to retrieve the carcasses of blue whales that were rotting along their shores.

"If they call us, we'll be glad to talk to them and if they can come on down and arrange for a bit of equipment to do something, fine, they can get a free whale," said Fenwick with a laugh. THE CANADIAN PRESS

Brave animals become Hall of Famers

Edmonton police officer Const. Matthew Williamson looks at a photo of him and his service dog Quanto during the 46th annual Purina Animal Hall of Fame ceremony in Toronto on Monday. Quanto died from stab wounds during a altercation with a suspect in the line of duty. The five-year-old German shepherd was among the four dogs and one cat being honoured. The event recognizes extreme acts of courage, bravery and devotion by Canadian pets and service animals. NATHAN DENETTE/THE CANADIAN PRESS

Calgary. Man accused in animal killings bought pets on Kijiji: Investigator

Police say the man accused of starving and beating a cat and dog found dead in a Calgary alley in January acquired the animals from a seller on Kijiji.

It was the latest animal abuse case involving the popular online classifieds site and reignited caution from law-enforcement officials about offering unwanted pets online at no charge.

"If you add a value to the animal there's more of a likelihood that the person that's getting the animal is going to value the animal," said Brad Nichols, head of cruelty investigations with the Calgary Humane Society.

Early Monday, the society announced 19-year-old Nicolino Ivano Camardi has been charged with two counts of wilfully causing unnecessary pain, suffering or injury to an animal.

On Jan. 9, the Calgary Humane Society was notified that a Siberian husky had been found dead in an alley, suffering from severe starvation.

A second animal, a domestic short-haired cat, was found just metres away on Jan. 16.

Both animals had tape covering their mouths.

Medical examinations determined the dog died of starvation while the cat died of asphyxia due to ligature strangulation following multiple traumatic injuries to its head, tail and hind limbs.

JEREMY NOLAIS/METRO IN CALGARY

Dr. Bernstein

Weight loss doc set to appeal discipline

A key player in the country's weight-loss industry is set to appeal discipline meted out to him by the body that regulates the medical profession in Ontario for violating advertising rules.

Dr. Stanley Bernstein wants the Health Professions Appeal and Review Board to overturn the reprimand he was given last year.

The complaint to the College of Physicians and Surgeons originated with lawyer Peter Rosenthal after a doctor pointed out to him that Bernstein was in breach of the rules with his advertising of his weight-loss clinics. THE CANADIAN PRESS

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Boko Haram leader threatens to sell kidnapped girls in Nigeria

National outrage.
Protesters criticize military, President Goodluck Jonathan for inaction

Nigeria's Islamic extremist leader is threatening to sell the nearly 300 teenage schoolgirls abducted from a school in the remote northeast three weeks ago, in a new videotape received Monday.

Abubakar Shekau for the first time also claimed responsibility for the April 15 mass abduction, warning that his group plans to attack more schools and abduct more girls.

"I abducted your girls," said the leader of Boko Haram, which means "Western education is sinful."

He described the girls as "slaves" and said, "By Allah, I will sell them in the marketplace." The hour-long video starts with fighters lifting automatic rifles and shooting in the air as they chant "Allahu akbar!" or "God is great."

It was unclear if the video was made before or after reports emerged last week that some of the girls have been forced to marry their abductors — who paid a nominal bride price of $12 — and that others have been carried into neighbouring Cameroon and Chad. Those reports could not be verified.

In the video, Shekau also said the students "will remain slaves with us." That appears a reference to the ancient jihadi custom of enslaving women captured in a holy war, who then can be used for sex.

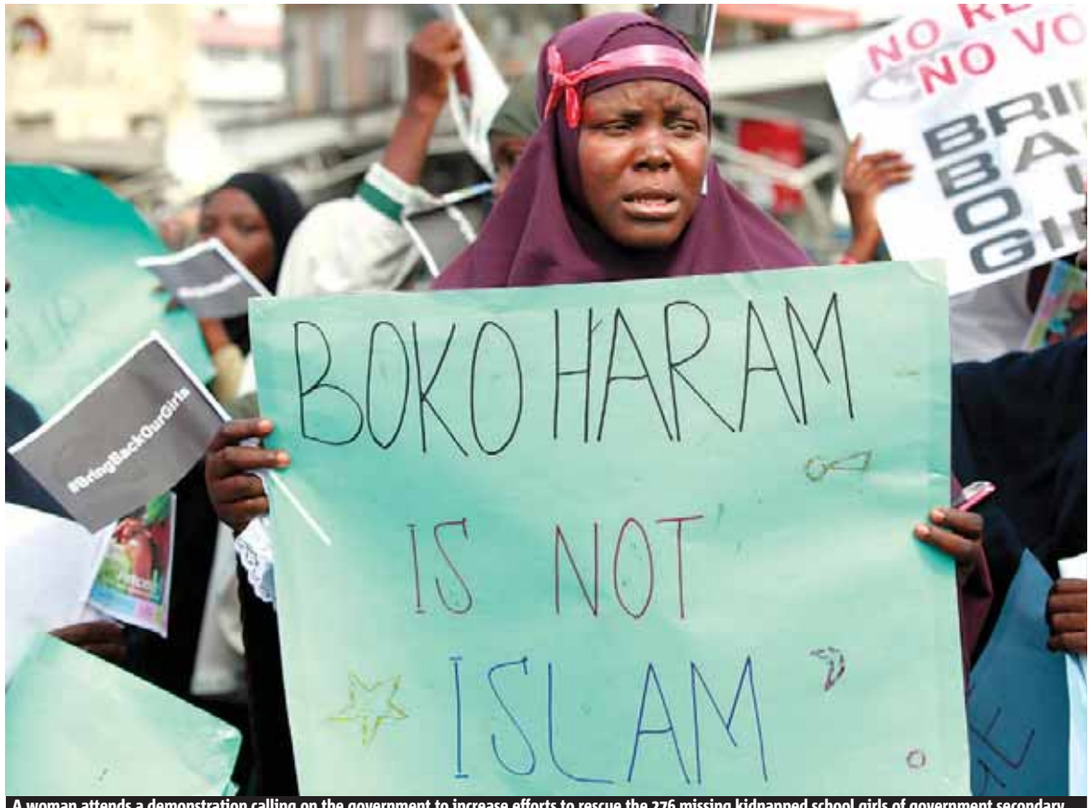
"They are slaves and I will sell them because I have the market to sell them," he said, speaking in the Hausa language of northern Nigeria.

The video was reviewed by The Associated Press, and both the face and the voice of the leader of Boko Haram were recognizable.

Shekau brushed off warnings that the abductions could be an international crime, saying in English, as if to reach his accusers in the international community: "What do you know about human rights? You're just claiming human rights (abuses), but you don't know what it is."

The mass abduction and the military's failure to rescue the girls and young women have ignited national outrage with demonstrations in major cities. Protesters accused President Goodluck Jonathan of insensitivity to the girls' plight.

THE ASSOCIATED PRESS



A woman attends a demonstration calling on the government to increase efforts to rescue the 276 missing kidnapped school girls of government secondary school Chibok, in Lagos, Nigeria, Monday. SUNDAY ALAMBA/THE ASSOCIATED PRESS

WHO declares spread of polio a public health emergency

In this file photo from April of last year, a Somali child receives a polio vaccine at the Medina Maternal Child Health Center in Mogadishu, Somalia. BEN CURTIS/THE ASSOCIATED PRESS FILE

For the first time ever, the World Health Organization on Monday declared the spread of polio an international public health emergency that could grow in the next few months and unravel the nearly three-decade effort to eradicate the crippling disease.

The agency described current polio outbreaks across at least 10 countries in Asia, Africa and the Middle East as an "extraordinary event" that required a co-ordinated international response. It identified Pakistan, Syria and Cameroon as having allowed the virus to spread beyond their borders, and recommended that those three governments require citizens to obtain a certificate proving they have been vaccinated for polio before travelling abroad.

"Until it is eradicated, polio will continue to spread internationally, find and paralyze susceptible kids," Dr. Bruce Aylward, who leads WHO's polio efforts, said during a press briefing. Critics, however, questioned whether Monday's announcement would make much of a difference, given the limits faced by governments confronting not only polio but armed insurrection and widespread poverty.

"What happens when you continue whipping a horse to go ever faster, no matter how rapidly he is already running?" said Dr. Donald A. Henderson, who led the WHO's initiative to get rid of smallpox, the only human disease ever to have been eradicated. THE ASSOCIATED PRESS

Greece's Aegean Sea.
Smuggling boats capsize, killing migrants

At least 22 people — including families trapped in a flooded cabin — drowned when a yacht and a dinghy crammed with migrants trying to slip into Greece capsized Monday in the eastern Aegean Sea, authorities said.

Rescue teams led a search for up to seven more people missing, in what was one of the deadliest migrant boat accidents in Greek waters in recent years and the third fatal one this year. Many on board were from war-torn or unstable countries in the Middle East and Africa. THE ASSOCIATED PRESS

East Congo

Soldiers sentenced for mass rapes

A court has convicted and sentenced 25 soldiers accused of carrying out mass rapes in eastern Congo.

In rare convictions handed down Monday, a judge sentenced two soldiers to life in prison, three to 20 years in jail and 20 to 10 years.

Thirteen of those charged were acquitted, with the court citing lack of evidence.

Authorities say at least 135 women and girls were raped in and around the town of Minova in eastern Congo in November 2012.

THE ASSOCIATED PRESS

54 Canadians remain on standby list for Mars

Fantastic voyage. Ambitious Mars One project pares down the number of potential applicants for one-way mission to red planet

A Martian space habitat is shown in this artist's rendering. The number of Canadians in the running for a planned one-way trip to the red planet has been reduced to 54 on Monday. BRYAN VERSTEEG/SPACEHABS.COM/THE CANADIAN PRESS

The number of Canadians in the running for a planned one-way trip to Mars has been reduced to 54 as Mars One pared down its list of potential worldwide candidates on Monday.

The Dutch-based non-profit organization said 705 people still remain in contention and will be subject to an interview by their selection committee.

The Mars One project, an ambitious plan to establish a permanent human settlement on the planet beginning in 2025, is the brainchild of Dutch entrepreneur Bas Landorp.

The 54 Canadians remaining are divided equally between male and female candidates.

Christy Foley, a 33-year-old Alberta government employee, is among the candidates who'll get an interview.

Foley said Monday she's not having any second thoughts about the one-way trip and is still very excited, adding her family doctor appeared surprised when she explained the reason for a complete medical.

"He said he never had this type of request before, so I guess Edmonton doesn't produce many astronaut wannabes," Foley said.

She and her husband had both applied when the call went out, but he was not chosen.

The majority of the remaining 54 Canadian hopefuls are from the Toronto region, but there's also a large contingent from British Columbia. Alberta and Quebec are next on the list, but other provinces also boast candidates.

THE CANADIAN PRESS

Military. Canadian officer testifies harassment led to his desertion in Florida

An officer in the Royal Canadian Navy who pleaded guilty to desertion testified Monday that he left his post on a ship after he was subjected to deplorable behaviour that included a colleague urinating on his cabin floor.

Lt. Derek De Jong, 43, told a court martial that while he was wrong to leave his post aboard HMCS Preserver, he was harassed and his commanding officer failed to properly investigate his concerns.

De Jong left the supply vessel on Sept. 17, 2012, while it was docked in Key West, Fla., and he returned to Halifax, where he turned himself in to military police.

He said there were a series of incidents leading up to his desertion that began in late August that year.

On Aug. 20, De Jong had a conflict with another crew member over the handling of alleged misbehaviour by a female subordinate, he told his sentencing hearing.

The next day, a female officer came into his cabin while he was still asleep, pulled down her pants, squatted and urinated on the floor, he said. De Jong said he reported the incident to the supply officer and the ship's commanding officer but no formal inquiry resulted.

He said a senior officer later joked, "Some men have to pay for a service like that," and a sign was briefly attached to his cabin door that said, "Women's head," a reference to a nautical term for a woman's bathroom.

"I don't think people should have to tolerate this kind of behaviour," De Jong said Monday.

He said after the incident he felt he was working in a "toxic" environment, and he heard second-hand that he was no longer welcome in the wardroom among officers and other colleagues.

The maximum sentence for desertion under the National Defence Act is life in prison.

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Google hits play on streaming service

Music to our ears.
Google Play Music fills the void for Canucks still waiting for Spotify and Pandora to come here

Google is stepping into the streaming music game in Canada with the launch of Google Play Music, the latest in a growing number of services that could change how Canadians listen to their favourite songs.

The company announced Monday that its all-access subscription service would be the centrepiece for a broader digital music service that offers music on mobile phones, tablets and personal computers.

Aside from streaming, users can also buy tracks for their personal collections, quite similar to Apple's iTunes store.

Google's streaming service is one of the most extensive offerings available to Canadians yet, and a highlight of the technology giant's launch into selling music in Canada.

Google Play Music users will have streaming access to 25 million songs, which the company says is several million more tracks than its U.S. users can access. The cost is $9.99 per month, after an introductory rate.

The rollout will be available for phones and tablets on both the Android operating system and Apple's iOS devices.

The Canadian version will cater to local tastes, which includes a selection of Francophone music and a playlist that showcases this year's Juno Award winners.

The presence of legal on-demand streaming music has been limited in Canada.

Last year, free streaming music service Songza opened an office in Toronto with the goal of getting a head start against its competitors like Spotify and Pandora, two popular international streaming services that aren't yet available in Canada.

Google's arrival in Canada was stalled by securing royalty agreements with local music organizations.

Google Play Music is already available in 25 other countries, including the U.S. and Mexico.

THE CANADIAN PRESS

Gregg Steinhafel

Target CEO out after data breach

Target's CEO has become the first boss of a major corporation to lose his job over a breach of customer data, showing how responsibility for computer security now reaches right to the top.

Gregg Steinhafel resigned after Target disclosed a huge pre-Christmas breach in which hackers stole millions of customers' credit- and debit-card records. THE ASSOCIATED PRESS

Market Minute

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Luxury brands flock to Canada

A man walks past the Jimmy Choo shop in London, U.K. Two renowned luxury brands — Jimmy Choo and Versace — are launching their first stand-alone boutiques in Canada later this year. The shops are slated to open in Toronto. They join several other high-profile retailers and brands that have opened bricks-and-mortar locations in Canada over the past several years, including Microsoft, Ann Taylor, Loft, J. Crew and Target. Nordstrom will be following suit this fall with the opening of its first store in Calgary. OLI SCARFF/GETTY IMAGES FILE

DRAKE DOESN'T ALWAYS KNOW BEST

SHE SAYS

Jessica Napier
metronews.ca

It's incredibly easy for us to make new digital connections — you can acquire hundreds of online friends in minutes just by pressing a handful of buttons — but how much energy are you investing in working on your real-life social networks?

Friendships play a crucial role in our lives. Science has shown time and time again that maintaining close ties with our fellow human beings provides us with a wide variety of mental, emotional and physical benefits. One study even suggests that being lonely or having weak social bonds is a health risk comparable to smoking up to 15 cigarettes a day or being an alcoholic.

If platonic pals are beneficial for the mind, body and soul, reason would suggest that we try to accumulate as many as possible. However, evolutionary anthropologist Robin Dunbar argues that the cognitive limitations of our brains also impose limits on our ability to sustain stable social connections. You might have amassed hundreds of Facebook buddies, but humans can actually only comfortably maintain about an average of 150 genuine relationships. That number might be even lower for us technology obsessed, socially stunted Millennials.

So while TV sitcoms would have us believe we'll spend our whole lives hanging out with the same handful of people at the same bar year after year after year, real life doesn't work like that. If our brains can only handle a finite number of contacts, it's practical to audit your social circle every once in a while, online and in real life, to evaluate how and with whom you're spending your time.

As we get older, our interests and values inevitably change and we naturally begin to drift away from certain people. Drake might rap about having a No New Friends policy, but we do ourselves and the people around us a disservice by holding onto old friendships at the expense of making new ones.

I'm not suggesting that you should start eliminating old friends from your life like you're picking off contestants on a reality show. There is something very special about deep-rooted relationships; those BFFs who have known and loved you at your best and your worst, through bad breakups and even worse wardrobe choices.

But recognizing when you've outgrown certain individuals you have nothing in common with anymore can help you create some room in your brain and in your life for a few new friends.

Don't make it The Motto

Drake might rap about having a No New Friends policy, but we do ourselves and the people around us a disservice by holding on to old friendships at the expense of making new ones.

ZOOM

Manufacturing tradition

A team dressed as characters from The Wizard of Oz roll wooden 'cheese' during the Stilton Village Festival cheese-rolling competition on May 6 in Stilton, England. Local people are currently involved in a campaign to bring Stilton cheesemaking back to the village. The cheese is currently made in the counties of Nottinghamshire, Leicestershire and Derbyshire. PETER MACDIARMID/GETTY IMAGES

How this cheesy village rolls

An annual tradition invented about 50 years ago to revitalize local businesses attracted about 2,000 people to the Cambridgeshire village of Stilton in the U.K. this year.

The cheese-rolling competition takes place every May Day Bank Holiday Monday in Stilton — the village which gave the cheese its name. Teams roll wooden blocks resembling cheese through the streets. **BBC.COM**

'Ancient tradition' cooked up by locals

Cheese rolling was invented by two pub landlords who told villagers it was "an ancient tradition" in order to encourage them and others to take part.

Blocks of wood have to be used, because an actual block of cheese would not survive being rolled along the main road. The "cheese" is a block cut from an old telegraph pole and painted to look like the blue-veined cheese.

BBC.COM

Road takes its toll

- The event was originally dreamt up to encourage visitors after the village was bypassed by the A1 in 1959.
- The village, on the old Great North Road between Huntingdon and Peterborough, got rid of its traffic jams when the bypass was built, but the High Street and North Street lost passing trade as a result.

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ANDREW FIFIELD
metronews.ca

As part of Bristol, England's Make Sunday Special campaign, streets are set up for pedestrian-friendly activities like dancing, yoga classes, concerts and art crawls.

All laudable. But, even with the schedule reaching into fall, it'll be hard to top artist Luke Jerram's Park And Slide: a 300-foot, slip-and-slide soap show that drew more than 96,000 people to a lottery deciding who would be among the lucky 360 to belly their way down Park Street. As for us in Canada, there's plenty of summer left for letter campaigns to city halls.

SCREENGRAB

(Via Cinematic Media on Vimeo)

metro

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See that symbol? It means you can scan the photograph below with your Metro News app to watch the trailer for Showgirls. Was it really so bad after all?

DVD review

Veronica Mars

Director. Rob Thomas

Stars. Kristen Bell, Jason Dohring, Enrico Colantoni

The big-screen version of the cult TV series about a teen detective (Kristen Bell) is a homecoming designed to check off all the boxes for the many who wrote the Kickstarter cheques to make it happen.

Newcomers may find themselves mystified by the show's appeal. The movie looks and unfolds more like a pilot for the cancelled fourth Veronica Mars TV season, rather than a re-building of the franchise.

Reprising her title role as the teen sleuth in shady beach burgh Neptune, Calif., Bell brings us briskly up to date. Veronica has supposedly moved on from Neptune (she's now an honours law grad with a job in New York), but the movie is like pressing "play" on a PVR, for a story laden with shout-outs but short on substance.

The Deep End

Director. David Siegel, Scott McGehee

Stars. Tilda Swinton, Jonathan Tucker, Goran Visnjic

This Hitchcockian update of a thriller is a movie you just want to stare at — Giles Nuttgens' cinematography won a prize at Sundance.

Margaret Hall (Tilda Swinton) is a stressed-out housewife who lives with her three children and father-in-law in a very nice house overlooking picturesque Lake Tahoe.

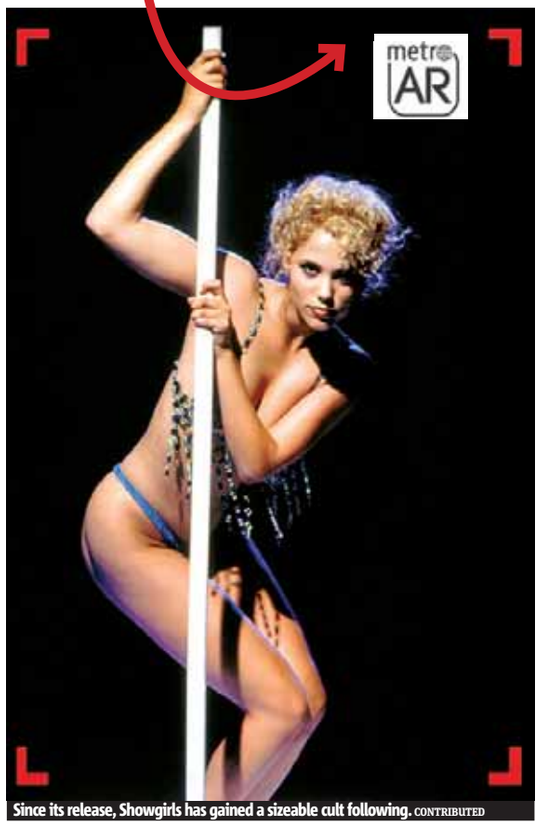
Margaret's reserve is tested when her teenage son (Jonathan Tucker) becomes involved with an older nightclub owner (Josh Lucas) in nearby Reno. A series of events turn deadly and a stranger (Goran Visnjic) shows up at Margaret's door, seeking her attention — and hush money.

This is a film that holds its suspense to the very last drop. **PETER HOWELL**

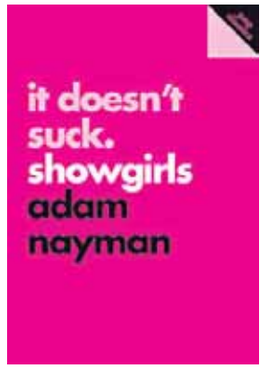
Showgirls: The good, the bad and the ugly

Panned but not forgotten. Film critic Adam Nayman explores the cult success of Showgirls

MATT PRIGGE
Metro World News



Since its release, Showgirls has gained a sizeable cult following. CONTRIBUTED



When it came out, Showgirls was a punching bag. It still is — it's just that now people actually enjoy hating it. It's become a bad cinema classic. But a wave of supporters, including J. Hoberman, Jim Jarmusch and Jacques Rivette, argue that it's a self-aware satire along the lines of director Paul Verhoeven's other work, including RoboCop and Starship Troopers. To this posse, add the critic, scholar and Metro writer Adam Nayman, whose book It Doesn't Suck: Showgirls makes a convincing and enjoyable case for its sneaky and subversive craft.

Did you always feel this way about Showgirls?
I saw it in theatres when it came out. I had to sneak in. The reason I wanted to see it at 14 was I wanted to see why it got zero stars from The Globe and Mail. I was interested in why people thought it was so bad. That probably had something to do with how I watched it the first time: Instead of being skeptical of the movie, I was skeptical of the negativity. Even though I liked it as a teenager, because I thought it was funny and outrageous, it wasn't until I got a little older and a little more well-versed with Verhoeven that I thought it could support a book.

The path of this movie from punchline to video hit is rather extraordinary.
One of the things I'm trying to get across in this is not that Showgirls is a great movie, but to explore what can account in 20 years for that kind of turn. You couldn't find a film critic in 1995 who would give this movie the time of day. And now whether it's for ironic reasons or if people are recognizing the artistry in it, you'd be hard-pressed to find someone who doesn't like it.

One of the questions raised by its viewers is whether Verhoeven and/or writer Joe Eszterhas knew what they were doing.
I would argue that they knew what they were doing. I know Elizabeth Berkley is a tough element to reconcile. I saw it recently, and people who had never seen it before were saying they didn't think she was that bad. That was a revelation to me — that there were people who were seeing Showgirls for the first time and they didn't even think the one seemingly obvious bad thing about it was very bad at all.

But even if one thinks it's bad cinema, it's not your typical bad cinema.
You see a film like The Room and nobody would say, "Oh, that's not that bad, the acting isn't that bad, the camera angles aren't that bad."

This to me is a little closer to Ishtar. I think that's a good film, too. It's interesting to see how people watching it for the first time now see it as opposed to people burrowed into that climate in 1987, when the film is a punchline.

I hate the mentality that something is clearly bad because everyone says so. Critics just save up their one-liners or put-downs instead of maybe applying to movies that are not consensus bombs. I don't particularly like The Lone Ranger, but that just seemed like an odd case where instead of engaging with what's in it, everyone was racing to put it down the most viciously.

Showgirls is a really terrible victim of that. You'd be hard-pressed, 15 or 20 years later, to find a critic who would stick to their original consensus.

Where do you stand?
I wish I'd read more things about Showgirls that said what I think about it, which is that it's well-crafted and some of that craft is persuasive, and then it clashes with how craven some of the dialogue and some of the characters are. To me that would be a more valid critical observation. Instead, you just read review after review of people saying how inept it is and comparing it craft-wise and style-wise to Valley of the Dolls. That's when you realize these people weren't really trying. Or if they were trying, they're just not very good at their jobs.

It's become de rigueur for trash cinema to get reclaimed. An entire culture has thrived defending, even intellectualizing genre films that don't get major awards.
Actually, the movies that tend to never get rewritten about, never get analyzed deeply or have interesting online writing about them are well-reviewed, upper-middle-brow movies from the '80s and '90s.

When I go to the Internet Movie Database to find a review of something that came out in the mid-'90s, I find there's a couple of dead links for The Washington Post or The New York Times from 1994. You can't find anything else about it. Whereas if it's a genre film, like Species, you can find really long-form online writing about it.

Quoted

"One of the things I'm trying to get across in this is not that Showgirls is a great movie, but to explore what can account in 20 years for that kind of turn." Adam Nayman, author of It Doesn't Suck: Showgirls, on the film's rise in popularity

Meet actress Gugu Mbatha-Raw

Gugu Mbatha-Raw's character Belle is based on an actual historical figure. CONTRIBUTED

Belle. English actress is making waves with her latest role as a mixed-race heiress in 18th century London

MATT PRIGGE
Metro World News in New York

Where you've seen her:
An English actress, she's done a few episodes of Doctor Who, plus the American Kiefer Sutherland show Touch. She played Ophelia in the production of Hamlet starring Jude Law, which played both the West End and Broadway.

Where she is now:
In the Jane Austen-y Belle, plays Dido Elizabeth Belle, a mixed-race heiress who lived amongst 18th century London high society.

Where she's going:
She has a key role in the Wachowskis' summer film Jupiter Ascending, with Channing Tatum, Mila Kunis and Eddie Redmayne. She'll also star in the rom-com Blackbird, with Minnie Driver and Danny Glover.

On playing an obscure historical personage:
There's a book coming out now, but there wasn't a lot of information about Dido at the time. Even now you have to use some artistic licence. We do know she lived in the house. There was a report of an American businessman who came to visit. We know she wasn't allowed to sit with them at the dinner table, but she'd come out after dinner. This guy was completely shocked by that. We also know Lord Mansfield left her money in his will, as did Lady Mary. That was pretty unusual at the time, to be held in such affection.

On using the famous painting of Dido as an influence:
The painting was a big clue, where she's depicted in a sumptuous gown and she's looking directly at the viewer. She's not in a subservient position. She was relatively equal to Elizabeth in the painting. All those little pieces of detective work inspired the story.

On Dido having to skip out on social events at home:
I think she repressed those daily humiliations. The racism that is depicted in the script is not the brutality we often see on the screen. It's more about the nuances of society and the subtleties, which can be just as painful, in a different way, on an emotional level. That scene where she's staring in the mirror after John asks her why she doesn't dine with the family — all of that inequality that she's been pushing down explodes.

On Belle as a twist on the Jane Austen film:
We've seen all these Jane Austen adaptations, and I'm a huge fan of them all. I grew up watching Pride and Prejudice, with Colin Firth, and Sense and Sensibility. But what was so great about this is we've not seen stories from this perspective before — not only from a woman's perspective, but also a woman of colour. And it's also a British perspective of the slave experience in the U.K. And though there are no slaves in the movie, it definitely deals with Britain's experiences of benefitting financially from the slave trade.

On the film's portrait of female struggles:
The marriage market in that period was ruthless. And yet Dido was financially secure. She could marry for love, she had an inheritance, unlike her cousin, who needed to find her financial security. I'm glad it's not as savage today, but this is still something that people deal with in different parts of the world. Arranged marriages and women's freedom and equality are still questions.

On Dido as a role model:
I think it's important for biracial girls growing even now to be able to see themselves in history. I think if you can root yourself in a historical place, then the sky's the limit, really.

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Whatcha say? Derulo

Talk Dirty. With guest stars like Snoop Dogg, Tyga and 2 Chainz on new album, Jason's no longer Ridin' Solo

Jason Derulo knows his recent hit, Talk Dirty, is risqué, but he's not too worried about it.

"I try to be conscious of offending anybody, but not that much," he said. "I really just try to do my thing and of course there is going to be backlash on every song that I do, so I don't worry myself too much on that. People saying things like 'objectifying women.' I'm like, 'What are you even talking about?'"

Talk Dirty has dominated pop radio, and the song has peaked at No. 3 on the Billboard Hot 100 chart. It has sold 3.2-million tracks and features lyrics like "but your booty don't need explaining" and "first-class seat on my lap girl."

"I wasn't surprised that it would hit mainstream. I think in 2014 things, you know, are getting more and more free (and) liberal," he said. "I hear a lot worse."

The smash is from Derulo's third album of the same name; it debuted at No. 4 on the Billboard 200 albums chart last month. The album was released internationally last September under the title Tattoos, but the renamed American version features some new tracks.

Derulo, 24, says both his new album and single reflect his growth as a singer and songwriter.

"I'm comfortable with talking about what my life is and things that I go through," said Derulo, whose hits include Whatcha Say and In My Head.

"This album is a direct representation of who I am as a person and how I speak," he added. "If I was talking to my best friend, you know, this is how I would explain it."

The album is Derulo's first to feature guest stars, and hip-hop acts are a strong part of the pop singer's project. Snoop Dogg, 2 Chainz, Pitbull, Tyga and Kid Ink make appearances.

Derulo, who is finding more success on the urban charts thanks to Talk Dirty, says he started musically in the hip-hop scene.

"Most people don't know my background, but when I first started writing songs for other people it was for hip-hop artists," said Derulo, who co-wrote Birdman's Bossy and songs for Diddy that didn't make his album.

"The world knew me as a pop artist when I first came out, which was cool, you know. I think I'm the first black male artist to actually come out as a pop artist," he added. THE ASSOCIATED PRESS

Quoted

"This album is a direct representation of who I am as a person and how I speak."

Jason Derulo, singer

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Jason Derulo does what he wants without worrying much about offending anybody, whether that means recording risqué songs or rocking a sweetgreen leather shirt. MATT SAYLES/INVISION/ THE ASSOCIATED PRESS

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Bryan Singer ALL PHOTOS GETTY IMAGES

X-Men director accused of sexually assaulting a second teen boy

A second man has come forward accusing X-Men: Days of Future Past director Bryan Singer of sexual assault.

The British man, referred to as John Doe #117, is represented by Jeff Herman, the same lawyer as the first accuser, Michael Egan. Doe claims he was introduced to Singer at the U.K. premiere party for Superman Returns when he was 17 years old. His complaint claims that Singer offered him drugs, and later grabbed him in a sexual manner and asked him to perform sex acts, according to The Daily Beast. After he refused, he says, a "large, muscle-bound man" hit him.

Singer's lawyer, Marty Singer, maintained that the accusations are false.

METRO DISH

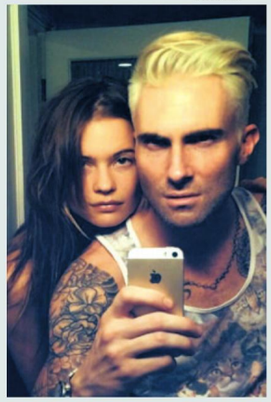
OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

How many celeb doppelgängers does blonde Levine have?

When Pretty McPretty boy Adam Levine tweeted out this photo of his new hairstyle (along with his pillow-lipped fiancée, Behati Prinsloo) on Saturday, everyone got pretty mad that he would go ahead and ruin that pretty face of his. So mad that "Adam Levine" started trending. However, the Maroon 5 singer took it all in stride. "I hope people understand that when they say my hair looks creepy, I take that as the highest compliment," he wrote about the hairy backlash.

TWITTER



However, Levine must know that he now looks like a certain ... someone. Maybe even a few someones? We compiled the women — and man — he now resembles. Anyone we're missing? Write to scene@metronews.ca to let us know.

Ryan Gosling

Pink

Tilda Swinton

Kim Kardashian and Kanye West

Kute kouple Kimye get wedding licence

Kanye West and Kim Kardashian are well on their way to wedded bliss. They have the multi-million dollar home, they have the baby and now they have the papers.

Life & Style is reporting the power duo are officially married on paper, after a source told the magazine they got their licence in California. Although they could just be teasing us, since they've got 90 days to get hitched in the county in which they received their marriage licence.

In any case, the spectacle isn't off: Sources say plans are still on for their huge Paris wedding this month.

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This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. The $1,500

Gettin' swishy with it

Oil pulling. Does this Ayurvedic detox technique actually work, or is it just a load of hogwash?

ROMINA MCGUINNESS
Metro World News in London

Coconut is renowned for its antibacterial properties, so coconut oil is a popular choice for oil pulling. ISTOCK

Oil pulling — an ancient Ayurvedic ritual whereby unrefined oil is swished in the mouth for 10 to 20 minutes a day — is thought to improve oral health and reduce toxic inflammation in the body. Two experts talk us through the mechanics and potential benefits of this holistic, and pretty harmless, technique.

It's a detox trick that's not expensive or difficult

According to L.A.-based neurologist and Ayurveda expert Dr. Kulreet Chaudhary, this is all you need to do: Wake up and either brush or floss your teeth. Now take one tablespoon of vegetable oil (or simply half fill the mouth) and slowly start to swirl it around, pulling it through your teeth. The idea is that you're not gargling it, but actively swishing it in your mouth. Do this for 10 to 20 minutes and then spit out the oil (do not swallow it as it now contains toxins), and brush your teeth again.

"The theory behind this practice is that saliva is one of the conduits for toxins throughout your body. This is because the salivary glands are able to pull toxins out of the bloodstream and store them there at a higher concentration," she tells Metro.

"What oil pulling does is it increases the secretion of saliva and extrapolates some of the toxins that have been sucked into the glands by trapping them inside the oil."

Cure-all for almost everything

According to Chaudhary, oil pulling is one of the cheapest, and fastest, ways of getting rid of a mild dental disease.

"When done daily, oil pulling can help cure conditions such as tartar build-up, bad breath and gingivitis within weeks," says Chaudhary. But she says it goes way beyond oral hygiene.

"The mouth is kind of a measuring stick in terms of inflammation for the rest of the body.

"If I have a patient suffering from heavy metal poisoning, migraines or rheumatoid arthritis, this is one the tools I use to help detox their entire body," she adds.

The best oil of them all?

"In Ayurvedic medicine, sesame oil is believed to be a complete oil: one that suits all body types and constitutions. It also contains high amounts of vitamin C, which can help heal wounds and strengthen the immune system," says Dr. Deepa Apté, an Ayurvedic practitioner.

He says sesame oil's ability to permeate the cell membranes make it ideal for oil pulling. That said, make sure you're not using an oil you're allergic to; sunflower or coconut work just as well.

"Coconut is renowned for its antibacterial properties and is a good option for people suffering from inflammation in the body — the root cause of most diseases and internal imbalances," says Chaudhary.

Your face is getting action

The contracting-relaxing motion engages your facial muscles in a mini-workout. "When done regularly, oil pulling helps increase blood circulation to the face and reduces the appearance of fine lines and dark circles," says Apté.

Natural — not miracle — cure

"There's this misconception. People are like, 'I'm still going to eat my doughnut, drink my Coke and stay up all night — but I'll do oil pulling.' It's something we do to balance the body, but it doesn't erase a bad habit," warns Chaudhary. "It gets a little misleading to say it will cure your acne or fix your teeth because it's never given in isolation; it's part of a toolbox for controlling a condition."

For your phone

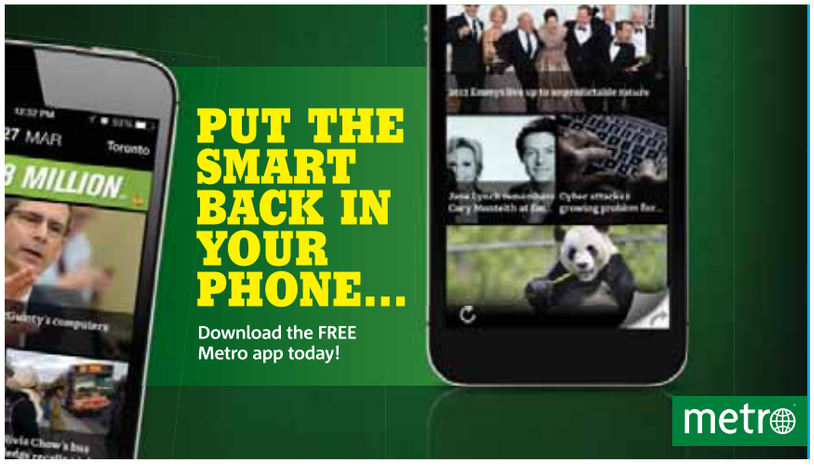
My Incredible Body (iPad, iPhone; $2.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

This 3D atlas of the human body offers narrated fly-throughs and interactive activities that demonstrate how major body functions and senses work. An excellent resource for parents and curious kids.

Half-Off

Now that spring has sprung, Elisha has recommitted to her Half-Off goal and put more exercise at the top of the list. With intentions to ride her bike to work every day, would a fluke spring snowstorm finally be the event that derailed her? Visit metronews.ca/voices/halfoff to find out.



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SPRING sprint 2014
Burnaby Lake Rugby Club
Sunday, May 25
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Flights are better than flowers.

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Here are a few samples of great vacation packages that are on sale, non-stop flights from Vancouver:

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Book today at westjetvacations.com/seat-sale or call your travel agent.

WESTJET vacations

WestJet Vacations Sale: *Book by May 8, 2014 (11:59 p.m. MT). Round-trip from Vancouver. Other departure cities and dates available for travel from May 21 to July 23, 2014, prices may be higher. Blackout dates from June 26 to July 2, 2014. For U.S. destinations, travel on Tuesdays, Wednesdays, Thursdays or Saturdays. For Mexico and Caribbean destinations, travel any day of week where WestJet offers scheduled service. Price is per guest, based on double occupancy unless otherwise specified. Limited quantities available. Advertised fares are based on non-stop flights. Sale on vacation packages varies by destination and travel date. Sale on vacation packages are discounted by a reduction in the price of the air component of the package. Taxes and fees not included. Taxes for U.S., Mexico and Caribbean destinations can fluctuate based on exchange rate. Fuel surcharge between $44 - $90 round-trip still applies to Air Miles™ redemption bookings. Transfers not included unless otherwise specified. Advance booking required. Non-refundable. Offer limited and subject to availability. Price is accurate at time of printing deadline. New bookings only. Visit westjetvacations.com/seat-sale for full seat sale details.

See that symbol? It means you can scan the photograph below with your Metro News app.
Want to substitute a local beer? Theresa Albert learns more about microbreweries

Burgers and pizza, there's a new handheld kid on the block

Aussie Meat Pie.

These savoury filled pastries are perfect for those days when you don't have time to slow down

FLASH FOOD
From your fridge to your table in 30 minutes or less

This recipe makes two pies. THERESA ALBERT

Ingredients

- 1/2 medium onion
- 1 tbsp butter + 1 tbsp oil
- 1 clove garlic, minced
- 1/2 tsp dried thyme leaves
- 1 tbsp flour
- 3/4 cup dark beer
- 1 lb lean ground beef
- 2 tbsp tomato paste
- 1 cup beef stock
- Salt and pepper to taste
- Ketchup to taste
- Two sheets of butter puff pastry (1 pkg)

1. Preheat your electric pie maker, grilled cheese maker or waffle maker.

2. On medium heat, fry the onion in the oil and butter till soft. Add garlic and thyme.

3. Sprinkle the flour in the pan and fry until a light golden colour (about 1 minute).

4. Pour in the beer and incorporate with the flour, and the mixture will thicken. Allow the beer to reduce for 3-4 minutes.

5. In a separate frying pan, fry ground beef and drain off fat. Add in tomato paste.

6. Add the cooked ground beef mixture and beef stock into the pan with beer and onions.

7. Season with salt and pepper to taste and set aside,

8. Line pie maker, grilled cheese maker or waffle maker with pastry, spoon in filling (usually about 1/3 of a cup). Allow to cook according to appliance instructions, usually about 8 minutes.

9. Enjoy with ketchup — or "tomato sauce" as the Aussies call it! Cheers, mate!

COURTESY ERYNN MAYNES, CO-OWNER KANGA

Lunch. Chicken Tacos

This recipe serves six and takes 30 minutes to make. PRESIDENT'S CHOICE

The combination of spices gives these tacos a Peruvian spin.

Ingredients

- 2 tbsp (25 ml) olive oil
- 2 small onions, minced
- 2 cloves garlic, minced
- 1 tbsp (15 ml) ground coriander
- 1 tbsp (15 ml) cumin
- 1 tbsp (15 ml) paprika
- 1 tsp (5 ml) salt
- 1/2 tsp (2 ml) freshly ground black pepper
- 2 pkg (about 775 g total) boneless skinless chicken thighs, cut in thin strips
- 1/4 cup (50 ml) chopped fresh coriander
- 1 pkg (156 g) PC Taco Shells
- 1/2 cup (125 ml) medium heat salsa
- 1 cup (250 ml) roughly chopped iceberg lettuce
- 1/2 cup (125 ml) PC Tex Mex Shredded Cheese Blend

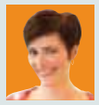
1. Preheat oven to 350 F (180 C). In large frying pan, heat 1 tbsp (15 ml) of the oil over medium-high heat; cook onion, garlic, coriander, cumin, paprika, salt and pepper for 4 to 6 minutes or until tender. Push onions to side of pan. Add remaining 1 tbsp (15 ml) oil and chicken; cook for 10 minutes, stirring often, or until cooked through. Remove from heat. Stir in chopped coriander.

2. Remove taco shells from packaging. Arrange shells open side down in a single layer on a baking sheet. Bake for 5 to 7 minutes or until crisp and light golden brown. Carefully remove from oven.

3. Divide chicken mixture evenly among the taco shells. Top each taco with salsa, lettuce and cheese and arrange on platter. PRESIDENT'S CHOICE

Health Solutions

Spoons and forks are sooo last season


NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

This season it is all about handheld food.

The days of the dog being the only thing eaten on city streets and at cookouts is over.

More gourmet foods are hitting the pavement and one of the best examples of that can be found at Kanga, Toronto's first Aussie meat pie shop.

Intended to be enjoyed Down Under style with all the ease and swagger of an Australian treat, Aussies get cheeky with nontraditional fillings like butter chicken and pulled pork.

Co-owners Megan Chan and Erynn Maynes say, "Aussie meat pies are saucier than your average pie, topped with flakey puff pastry, and are intended to be eaten with one hand only. The other is strictly reserved for the beverage of your choice!"

Go handheld with these other ideas this summer:

- Sushi hand rolls
- Tacos are still all the rage
- Pulled pork in lettuce wraps
- Jumbo samosas
- Empanadas
- Tamales

Remember that the sides and dressings can make or break your calorie count. Mustard and hot sauce, yes! Mayo and anything deep fried, no.

And always, always fill up with a salad.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

NBA playoffs

Paul shoots Clips over Thunder

Chris Paul made a career-high eight three-pointers and scored 32 points to help the Los Angeles Clippers beat the Oklahoma City Thunder 122-105 on Monday night in Game 1 of their Western Conference semifinal.

Paul, who had never made more than five three-pointers in a game, had 10 assists. Blake Griffin scored 23 points and Jamal Crawford had 17 for the Clippers, who shot 55 per cent from the field and made 15 of 29 three-point attempts.

Russell Westbrook scored 29 points and Kevin Durant had 25 for Oklahoma City.

Both teams were coming off Game 7 wins in the first round on Saturday night.

THE ASSOCIATED PRESS

NHL playoffs

Crosby ends goalless drought, Rangers shut out

Sidney Crosby scored his first goal of these playoffs, and Marc-Andre Fleury earned his second shutout of the New York Rangers in two nights as the Pittsburgh Penguins regained home-ice advantage with a 2-0 victory in Game 3 on Monday night.

Crosby snapped a 13-game goal drought in the playoffs to give the Penguins the lead in the second period, and Jussi Jokinen added a breakaway goal. Fleury stopped 35 shots to back up his 22-save effort Sunday in a 3-0 win in Pittsburgh. He has eight career post-season shutouts and 51 wins.

The Penguins, who lost the opener in overtime, lead the Eastern Conference semifinal series 2-1. Game 4 is Wednesday in New York.

THE ASSOCIATED PRESS

Battle of Los Angeles firmly in the Kings' court

Patrick Maroon of the Ducks is wrestled away from the Kings' net by Mike Richards, left, Kyle Clifford and Trevor Lewis during Game 2 of their Western Conference semifinal playoff series on Monday in Anaheim. Marian Gaborik, Alec Martinez and Dwight King scored for the Kings in a 3-1 win, taking a 2-0 series lead in the process. Maroon tallied Anaheim's only goal. Game 3 will be played in Los Angeles on Thursday night. For more NHL playoff coverage, go to metronews.ca.

HARRY HOW/GETTY IMAGES

Caps proceed with youth movement

Soccer. Younger lineup being prepared for Canadian championship against Toronto FC

CAM TUCKER
cam.tucker@metronews.ca

Kids these days.

The Vancouver Whitecaps are planning to use a bunch of their young — really young — players in the first leg of their Amway Canadian Championship semifinal against Toronto FC.

The youth movement with the local Major League Soccer side will take another step when 17-year-old goalkeeper Marco Carducci and 20-year-old midfielder Bryce Alderson get the start Wednesday at BMO Field. Manitobans Marco Bustos and Kianz Froese of the Whitecaps' U-18 team will also make the trip to Toronto and could get some playing time, which is permitted even though they are not signed to MLS contracts.

It's a young crop of talent with a Canadian flavour.

"We're going there to win. Having said that, I will play young players," said head coach Carl Robinson on Monday.

"That gives me another chance to evaluate some of my other younger players within the squad."

Carducci, who is from Calgary, signed a homegrown contract with the Whitecaps in March. He's still completing his high school education through online courses.

Quoted

"We're going there to win. Having said that, I will play young players."

Whitecaps head coach Carl Robinson

"I think physically he's built like a man. He's got a very quiet, confident personality. He's not arrogant," said 34-year-old centre back Andy O'Brien of Carducci.

Carducci said Robinson informed him a few weeks ago that he would be starting against TFC. Kudos to them for keeping it a secret for so long.

"It was nice to know beforehand just so we were able to start preparing a little earlier," said Carducci.

The Whitecaps have never won the Voyageurs Cup, the prized chalice of the Amway Canadian Championship. Also at stake is a berth in the CONCACAF Champions League.

Toronto FC was revamped in a big way this off-season, but there is the chance star off-season signings Michael Bradley and Jermain Defoe may be held out of the lineup for rest.

Carducci tried to play it off as just another game, but acknowledged he could be a little anxious, too.

"It'll be a great test, either way. If we get a chance to play against those kind of players (Bradley and Defoe), it's going to be a great moment," he said.

Lions expect to announce Mitchell deal this week

Khalif Mitchell's return to the B.C. Lions appears imminent.

The local Canadian Football League club expects to announce a deal with Mitchell this week. Signing a contract with the Lions would bring the 29-year-old defensive tackle back to B.C. after he spent the 2013 season with the Toronto Argonauts.

"Let's just say that I do think that it's going to be done fairly quickly," said Lions general manager Wally Buono.

Controversy followed Mitchell at every turn in the 2012 season. He was suspended on two different occasions — once by the league for a dangerous takedown that injured Edmonton Eskimos offensive lineman Simeon Rottier and once by the Lions for sending out a racist tweet — and fined on two different occasions.

His punishments two years ago marred his 2012 season,

Khalif Mitchell TORSTAR NEWS SERVICE

and he registered only two sacks and 15 tackles, compared to the six sacks and 33 tackles in 2011.

After three seasons, the Lions traded Mitchell to Toronto last April. The Argos released him earlier this spring. According to a report from The Canadian Press and citing an anonymous source, the move was made to allow Mitchell to pursue NFL opportunities.

Time apart seems to have helped bring Mitchell and the Lions closer together.

Not to mention the fact the Lions could use Mitchell's presence on the defensive line.

"What we're trying to do is build a championship team and players of that quality are very, very difficult to come by," said Buono.

"He went into a very difficult situation — again, going to a new team, a new environment — but I thought he handled it very well and I thought ... on the field he was very productive." CAM TUCKER/METRO

4 SPORTS

Canada riding high into Commonwealth Games

Rugby. History was made the past weekend when Canucks reached final of a Sevens World Series competition

Harry Jones of Canada breaks free of the New Zealand defence to score during the IRB Glasgow Sevens in Glasgow, Scotland. Scan this image with your Metro News app to see more from Sunday's action. MARK RUNNACLES/GETTY IMAGES

The Canadian seven rugby side flew out of Glasgow on Monday having made history there by reaching the final at an HSBC Sevens World Series stop for the first time.

Next time the Canadian men are in Scotland, Commonwealth Games medals will be on the line.

It was a banner weekend for the Canadians at the Glasgow Sevens. They won their preliminary pool Saturday, defeating Japan and France and tying England. Canada then defeated Kenya 14-5 in the quarter-final and Scotland 10-7 in the semi-final before going down 54-7 at the hands of powerful New Zealand in the final.

The lopsided loss made for a strange "bit of an empty feeling" Sunday that was undeserved, said head coach Geraint John.

"We shouldn't have had that, really," he said Monday before heading to London. "Because to get to the final in the (World) Series for the very first time, it's a pretty outstanding achievement by everyone.

"I think today everybody's feeling a little bit better."

Canada will be up in Scotland soon enough, facing familiar foes at the Commonwealth Games, which run July 23 to Aug. 3. It has been put in Pool A with defending champion New Zealand, Scotland and Nigeria.

Pool B consists of South Africa, Kenya, Cook Islands, and Trinidad and Tobago. Pool C features Samoa, Wales, Papua New Guinea and Malaysia. Pool D is made up of England, Australia, Sri Lanka and Uganda.

The top two from each group advance.

Canadians Phil Mack and John Moonlight were both named to the Glasgow tournament's all-star or Dream Team. Conor Trainor, meanwhile, turned heads with a circus-like try against France when he got his boot to a low pass in mid-flight and managed to tap it into his hands before sprinting over the line. THE CANADIAN PRESS

NBA

Casey rewarded for unexpected Raps run: Report

Dwane Casey started the season in the perilous position of working for a new general manager and coaching a young Toronto Raptors roster that was widely believed to be on the ground floor of a remodel.

He turned the situation into an Atlantic Division championship and the team's first playoff appearance since 2008, which was more than enough to convince general manager Masai Ujiri that the right man for the job was already in house. Casey received a three-year contract extension on Monday, a person with knowledge of the deal told The Associated Press. The person requested anonymity because the team has not announced the move. THE ASSOCIATED PRESS

Dwane Casey GETTY IMAGES

NBA

Carter-Williams named top rookie

Michael Carter-Williams has something to show for being a bright spot in a dismal season for the Philadelphia 76ers.

Carter-Williams won the NBA's Rookie of the Year Award on Monday after becoming only the third player since 1950-51 to lead all rookies in scoring (16.7), rebounding (6.3) and assists (6.2).

THE ASSOCIATED PRESS

CFL

Flory finished with Alouettes

It appears Scott Flory is hanging up his cleats.

The Montreal Alouettes will hold a news conference Wednesday, when the lineman is expected to announce his retirement. Flory, 37, became the new president of the CFL Players' Association in March and is in talks for a new collective bargaining agreement.

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Horoscopes

♈ Aries
March 21 - April 20
You will get what you desire today but you will have to pay a price for it. The planets will reward you for your hard work but they will also ask you to sacrifice something you may not want to give up.

♉ Taurus
April 21 - May 21
The Sun's link to Jupiter will give your confidence a much-needed boost today but you may still have to learn that in order to get some you also have to give some.

♊ Gemini
May 22 - June 21
You will be in one of your more impulsive moods today. Try not to spend money on things you don't need unless you know you can afford it — and unless you have won the lottery you know full well you cannot.

♋ Cancer
June 22 - July 23
You will be called upon to help someone in need and no matter how busy you might be with your own tasks and chores you must come to their aid.

♌ Leo
July 24 - Aug. 23
The planets warn that you may have deviated from your blueprint by a small amount, so maybe you should stand back from what you are working on and make sure it is still going according to plan.

♍ Virgo
Aug. 24 - Sept. 23
It's time to get working on something of a creative nature that you have been thinking about for quite some time. It will take a great deal of effort, both physical and mental, but it will be a success.

♎ Libra
Sept. 24 - Oct. 23
Don't try to force others to do your bidding today because they will make such an emotional scene that even you will be embarrassed.

♏ Scorpio
Oct. 24 - Nov. 22
Someone you encounter on your travels will turn out to be a very important contact, both personally and professionally. Make an effort to get out and about and meet people.

♐ Sagittarius
Nov. 23 - Dec. 21
If others won't give you what you deserve then you will just have to take it for yourself. You have worked long and hard to reach your current position and have no intention of letting others take the glory.

♑ Capricorn
Dec. 22 - Jan. 20
You may be eager for success but don't forget the many responsibilities that go with it. Remember, once you have committed to something, once you have signed on the line.

♒ Aquarius
Jan. 21 - Feb. 19
Something is holding you back, something is stopping you from reaching your true potential. According to the planets it could be your own self-doubt that is preventing you from pushing ahead.

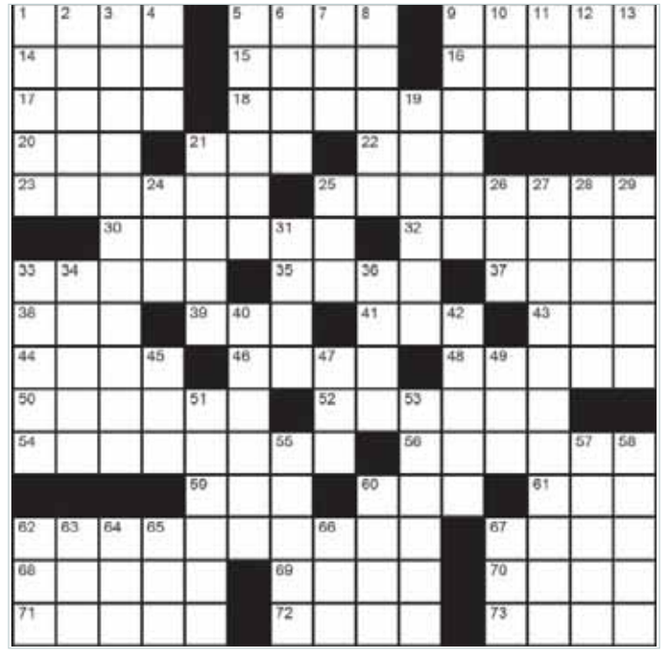
♓ Pisces
Feb. 20 - March 20
Keep your long-term goals at the forefront of your mind and don't let anyone put you off your quest. So-called friends will come up with all sorts of reasons why you should think again. Be true to your instincts.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

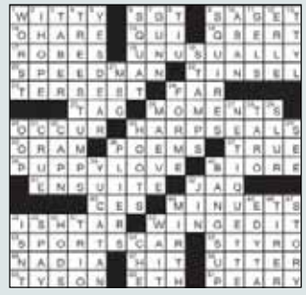
BY KELLY ANN BUCHANAN



Across
1. Sort
5. Dither
9. Frigid
14. Currency exchange fee
15. Jumble
16. France: Winery river valley
17. Canvas sneakers brand
18. Annual overseas song contest currently underway in Copenhagen
20. "__ be better if..."
21. Gallery piece
22. Movie genre, __-com
23. Sedately
25. Southern Ontario city; or, ABBA song which was the #18-Across winner in 1974
30. Toronto-born jazz singer, __-Claire Barlow
32. The Band's "_ __ Be Released"
33. Hurt
35. Mr. Griffin
37. 'Chant' suffix
38. Mailing encl.
39. Champion
41. Moray __
43. Finished with work [abbr.]
44. British streetcar
46. 'Problem' suffix
48. Kimberly Stewart's mom
50. Country singer Jason
52. Impaler's weapons
54. Toronto Blues Jays sport
56. Degrees
59. Poet's 'not closed'
60. Mr. Craven
61. Bottle's 'lid'
62. Biosphere Reserve region of Quebec
67. Volcanic shape
68. Beach item
69. Against
70. Russian river
71. Ms. Blair
72. Egg masses
73. Alter

Down
1. Joe __ (Colorado Avalanche executive born in Burnaby, BC)
2. Songbook standard: "_ _ _ Kick Out of You"
3. Spring's curly-topped shoots
4. Froms opposites
5. Ms. Crow
6. Seagoing, shortly
7. Galilee's locale [abbr.]
8. Ms. Birch
9. Juno-winning musician aka Claire Boucher
10. Uncertain utterances
11. Law: French
12. Ancient veil-giver
13. Study
19. Certain candle
21. Actress Ms. Valli
24. French 'Mrs.'
25. Diminutive
26. Scoreboard letters over '0 0 0' at the start of a game of #54-Across
27. War of 1812 heroine, b.1775 - d.1868: 2 wds.
28. Clark Kent's co-worker Jimmy
29. "Get Here" by __ Adams
31. "How _ __ Your Mother"
33. Take _ __ at (Attempt)
34. "Cheers" barmaid
36. Prefix with 'angle'
40. Toasty tray tidbit
42. The Great __
45. Michie __, Canadian rapper
47. PEI part [abbr.]
49. After-Exodus bk.
51. Ancient cloak
53. Tony-winning Canadian actress Ms. Smith (b.1921 - d.1993)
55. Mr. Burton
57. Hawaiian island
58. Wheat type
60. __-Out (Bic product)
62. Li'l dollar parts
63. Gardener's tool
64. Hole-punching tool
65. Ad __ (Relevant)
66. "Thou, too, sail __, _ Ship of State!" - Longfellow
67. Pool stick

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2				9		6		
6					5	9		3
			8			4		
		6	9		3	7		8
5		8	6		4	2		
		2			6			
9		3	4					2
		4		7				1

Yesterday's Sudoku

2	4	1	3	9	7	6	8	5
6	8	7	1	4	5	9	2	3
3	9	5	8	6	2	4	1	7
1	2	6	9	5	3	7	4	8
4	3	9	7	2	8	1	5	6
5	7	8	6	1	4	2	3	9
7	1	2	5	3	6	8	9	4
9	6	3	4	8	1	5	7	2
8	5	4	2	7	9	3	6	1

Today
16°/8°
Mainly sunny

Wednesday
15°/10°
Mainly sunny

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